



NO LIMITS

WITH PASTOR DELMAN



**I'M DONE
WASTING
TIME**

S E R M O N G U I D E

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I'm Done Wasting Time

Deuteronomy 2:1-7

Introduction

Psychologists tell us that the number one refrain from people who have survived heartbreak is not, "They hurt me," but, "They wasted my time." The deepest regret is often for the time, resources, and effort squandered in a relationship that cannot be recovered. This feeling is common. We resent pouring ourselves into situations that take more than they give, especially when we ignored the signs that it wouldn't work out. Something told you the idea wasn't fully thought out, but you went into business anyway. You had a feeling something wasn't right, but you gave them your number anyway.

This is what Scripture means by not being unequally yoked. We can feel a connection with a user or chemistry with an abuser, but that doesn't mean we are compatible. The only way to break free from these draining dynamics is to reach a point of finality, where you conclude you are tired of being depleted and tired of wasting time. It's the moment the Prodigal Son "came to himself." It is a point of reckoning where we realize that being used is not the same as being valued, and we refuse to keep investing where we are not growing. When you reach that point, you can finally say, "I'm done wasting time."

KEY POINTS

1. Find Inspiration in Expiration (Ecclesiastes 3:1)

In our journey, some seasons are meant for shelter and learning, but they are not meant to be permanent. God tells the Israelites they have been circling Mount Seir "long enough," not as an insult, but as an inspiration. Just because a season has expired does not mean it was a failure; it means it is complete. The problem arises when we romanticize and idolize things that are over. Like milk that was once nourishing but becomes harmful after its expiration date, we must recognize when people, habits, and relationships in our lives have passed their season of usefulness. Expiration is not failure; it is completion. God teaches us to find inspiration in this, knowing there is a time for every purpose under heaven.

2. Get Over What Could Have Been (Philippians 3:13-14)

Investors sometimes fall for the "sunken cost fallacy," where they are reluctant to abandon a failing strategy because they have already invested so much in it. We do this in our spiritual lives, too. We mistake longevity for purposefulness and spiritualize holding on to things that are draining us. Israel kept circling the mountain because of what they had already put in. We must be careful not to let our choices be driven by this fallacy, rehearsing what "could have been." The blessing of completion is that it gives us permission to stop. Stop fixating on what is ending and start discerning what is emerging. Stop asking why something is falling apart and start asking what it is making room for.

3. Close the Door to What Is Behind (Isaiah 43:18–19)

Entrances into new seasons require exits from old ones. As author Dr. Henry Cloud argues, there are “necessary endings” in life. Just as a gardener must prune dead branches to allow for new growth, we must let go of certain relationships, projects, or mindsets to make room for the new opportunities God has for us. The problem is, many of us walk through a new door but don’t shut the old one behind us. We leave an opening to go back. To truly move forward, you must have the holy ability to pronounce a benediction on things that are over. God’s elevation for you is on the other side of the mountain you’re circling, but you’ll never reach it until you decide to move on.

Application

God is calling us to a destiny of healing, freedom, and empowerment. But to get there, we must identify the areas where we have been wasting time. Circling mountains of regret, dead-end jobs, and draining relationships does more than just delay our personal progress; it limits our Kingdom impact. The energy we spend on expired seasons is energy we cannot use to pursue justice, love mercy, and walk humbly with our God.

Living with “no limits” means refusing to let our past hold our future hostage. It is an act of stewardship, recognizing that the time and purpose God has given us are too precious to squander. Breaking these patterns is not just for our benefit, but for the sake of the mission we are called to. When we stop wasting time on what is finished, we create the capacity to show up for a world that desperately needs to see God’s love and justice in action. We are freed to pour our energy into building a more equitable society, advocating for the marginalized, and living as a testament to God’s transformative power.

QUESTIONS TO CONSIDER

1. What "mountain" have you been circling long enough, and what would it look like to find inspiration in the expiration of that season?
2. In what area of your life might the "sunken cost fallacy" be keeping you stuck, and how can you shift your focus from what "could have been" to what God is making room for now?
3. To truly move forward, what "door" from your past do you need to close, and what practical steps can you take this week to begin creating space for the new things God has for you?
